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Your essential daily news | TUESDAY, MARCH 15, 2016

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PATCHWORK OF INSPIRATION

Ottawa's Rape Crisis Centre is creating a quilt to show support for sexual assault victims

metroNEWS



Tara Henderson holds up an old T-shirt that will be used.

ASHLEY MOFFATT/FOR METRO

Mayor opposes injection-site consultations

CONTROVERSY

Sandy Hill poised to shake up debate



Joe Lofaro
Metro | Ottawa

Mayor Jim Watson is refusing to soften his rock-hard stance against supervised injection sites in Ottawa, despite one group's

plans to hold consultations on the controversial model in Sandy Hill next month.

Toronto is the latest city after Montreal to officially explore supervised injection sites, with its chief medical officer of health outlining his recommendations Monday for three possible locations.

The sites let users bring their own drugs to inject themselves under the supervision of health professionals to prevent overdoses and infection from un-

sterilized equipment. They also include treatment programs for users who wish get help with addiction and take people who are shooting up off the street.

Watson has been vehemently opposed to bringing the model to Ottawa, in spite of its documented success at Vancouver's InSite, which says on its website there have been no overdose deaths there since it opened in 2013 and there has been a 35 per cent reduction in overdoses in the surrounding area.

"Mayor Watson's position on supervised injection sites has not changed. Mayor Watson prefers to see a continued focus on investment in treatment programs," wrote his press secretary Livia Belcea in an email.

His opposition comes as overdoses in the city continue to rise.

Since 2012, the number of overdose-related calls to the Ottawa Paramedic Service has nearly doubled. In 2014, there were 909 calls and paramedic spokesman J.P. Trotter is projecting

the 2015 figure to rise to 1,000.

The data include all types of overdoses — including injections — but excludes alcohol-related overdoses, said Trotter. About 15 per cent of cases are deemed accidental.

Rob Boyd, director of the Oasis addictions treatment program at the Sandy Hill Community Health Centre, is poised to shake up the debate surrounding the sites. The centre is in the midst of seeking a federal government exemption to open one at its 221

Nelson St. office.

Oasis's existing programs alone are not enough to get drug users the help they need, he said.

"We still have unacceptably high rates of HIV, we still have people who are overdosing and not getting appropriate care and I believe there are still people out there who are not connected to our services," said Boyd.

"We would really like to have the mayor on board for this."

Public consultations are expected to begin in April.



Amanda Jetté Knox, left, and her daughter, Alexis, sit in their Glen Cairn home on Feb. 26, nearly two years to the day after Alexis came out to her parents as a girl in a boy's body.

ADAM KVETON / METROLAND MEDIA

'Big risk' combats transphobia

GLEN CAIRN

After coming out, family's life changes — for the better

Adam Kveton
Metroland Media

Being transgender continues to be a scary, even dangerous thing to reveal to people.

There are still fears that transgender people who come out to their family, their friends and the world might not be accepted. In fact, they may be bullied, harassed — even harmed.

You just aren't sure how people will react, said Amanda Jetté Knox, Glen Cairn mother of a transgender 13-year-old who came out to her in an email two years ago.

"The fear of being out is that people don't understand

and people are judgemental," said Amanda, almost two years to the day after her then 11-year-old explained that, though she looked like a boy, she was a girl.

"How do you combat (that fear)?" Amanda asked. "Education."

Together, Amanda and her daughter Alexis decided to share Alexis's story, not just with her friends and community, but to the online world as well.

"There is a big risk putting yourself out there like that," acknowledged Amanda, but the hope is that seeing a family support their transgender daughter will help others going through transition, and teach the general public what it's like.

When Alexis came out to her parents, Amanda had been writing a blog for about eight years.

Called the Maven of Mayhem, it started out as an atypical mom blog where Amanda

could share the funny and messy side of being a mom of three while staying anonymous.

As the years went on, Amanda shared more and more personal aspects about her life — things like becoming suicidal after intense bullying at school and a descent into depression, struggling with alcohol at age 14, being homeless at 16, and somehow getting through it all with help from groups like the Youth Services Bureau.

By the time she had shared all that, Amanda was no longer anonymous, but her family still was.

As Amanda was sharing her story, Alexis was going through her own internal struggle starting at about the

age of eight.

"I felt that there was definitely something that wasn't right with me," Alexis said of that time. "It wasn't something that was wrong; I just felt it was something different about me that didn't quite fit into that typical traits category."

Alexis, still living as a boy, would go to one friend's house and play video games, and another friend's house to play with Barbies. She also went through an intense Hannah Montana phase, recalls Amanda.

These interests were hard to explain to her male friends, said Alexis. Boys just didn't typically like some of these things, and they made that known. That was just one

aspect of the depression that overtook Alexis and her interests dwindled until she didn't really like to do anything, unsure what she should or shouldn't like.

Her family got help for her, but she still didn't know what was wrong.

Fed up with not knowing, Alexis began searching for answers on the Internet, and eventually found something that rang true for her — she was a girl in a boy's body.

Excited to finally know what was happening to her, Alexis drafted an email explaining everything to her parents. It wasn't easy. Scared and unsure, Alexis closed her eyes and clicked send, she said.

"I felt relief, I felt sadness, I felt worry, I felt happiness, lots of different things," said Alexis.

It was an emotional rollercoaster for Amanda as well.

"I still remember my blood running cold when I read her

words," recalled Amanda in a blog post she wrote about a week ago, "and how I had to pull myself together to go into her room and tell her how much I love and support her."

To Alexis's relief, her parents were supportive and accepting of her and who she now knew she was.

"I wasn't worried about people knowing," said Alexis. "I was worried maybe a little about a little bit of bullying happening ... I had some concerns that I was willing to deal with if I had to."

However, Alexis's experience has been largely positive, she said, perhaps even more than either she or her mom would have expected.

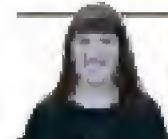
Alexis was welcomed to Glen Cairn Public School by a supportive and understanding staff and school body, said Amanda. She has good friends, and has heard back from blog readers who have been buoyed by her story.

"I wasn't worried about people knowing... I was worried maybe a little bit of bullying."

Alexis Jetté Knox

BIKES

'Advisory lanes' get a mixed reception



Emma Jackson
Metro | Ottawa

Cyclists have mixed feelings about "advisory lanes" on Byron Avenue.

The city has floated them as an option on the Westboro street, which has a speeding problem.

Advisory lanes have never been used before in Canada. Using dotted lines instead of solid, they're mostly used in the Netherlands on narrow, low-volume roads. Cyclists get first right to the lane, but cars can cross the dotted line if necessary to squeeze past oncoming traffic.

Some Ottawa cyclists expressed their skepticism Monday that drivers will actually toe the line.

"I feel something more than paint is needed. Maybe a rumble strip," tweeted David Hicks. He said later that he's "not really sure if cars are going to respect" the lanes.

Others predicted the lanes will give cyclists a false sense of security, while still others wanted on-street parking removed to make way for safer, segregated lanes.

Byron is a 50 km/h route but routinely sees drivers going more than 65. Adding the advisory lanes would simultaneously force drivers to slow down and provide cycling facilities on a street where up to nine per cent of all trips are made by bike, said ward Coun. Jeff Leiper.

Cycling advocate Kevin O'Donnell said he's optimistic the lanes will make drivers more aware of who's riding beside them. "Crossing a dotted line means you're in someone else's space," O'Donnell said. He said drivers are trained from day one to drive between the lines.

Residents can give feedback online until May 25.

Controversial bus ad not likely to change city policy

OC TRANSP0

Anti-abortion campaign has prompted complaints



Lucy Scholey
Metro | Ottawa

OC Transpo has heard complaints about a controversial new anti-abortion ad spotted on city buses. But the transit authority isn't likely to change its advertising policy any time soon.

On Sunday, a photo of an anti-

abortion ad on a Route 97 bus blew up on Facebook, with some criticizing OC Transpo's choice. Pat Scrimgeour, assistant general manager with the transit authority, confirmed the city has also heard complaints on email, social media and through customer services.

The last time an OC Transpo ad drummed up this much media attention was in 2013, when a 9/11 "truth" campaign made the rounds on city buses. Then-transit commission chair Diane Deans called for a review of OC Transpo's advertising standards (though it was not the "truth" ads that prompted the review, she said, but a controversial 2009



Some people didn't agree with the message. We know that.

Louise Harbour of Action Life

pro-atheist bus campaign).

Last May, transit staff tabled a report that said no changes were needed, as the current policy is up-to-date with the Canadian Code of Advertising Standards, relevant court decisions and other transit agencies.

Anyone who takes issue with an OC Transpo ad should noti-

fy Advertising Standards Canada (ASC), Scrimgeour said in an email, which oversees the Canadian Code of Advertising Standards.

The last time the city changed its transit ad rules was in 2009.

Back then, OC Transpo added a new provision that prohibits offensive, disgusting or insulting material in ads.

This latest anti-abortion ad does not include graphic images, but a picture of a red and black heart with the words, "Pregnant? Need help?" with a helpline phone number and website.

Action Life, an Ottawa-based group that opposes abortion, euthanasia, stem cell research

and the use of reproductive technologies, is behind the ad. The organization offers a helpline for women experiencing difficult pregnancies or who have had abortions. Callers may hear information about pregnancy centres or baby clothing and food.

The organization has yet to hear any feedback about this latest ad, but executive director Louise Harbour admits an old Bank Street sign with a similar message was vandalized years ago.

"Some people didn't agree with the message. We know that," she said. "There will be differences of opinion on this topic."



MUSEUM OF HISTORY CRACKING THE NORSE

CODE Thor and Loki would cower at the sight of Ottawa brothers Adrien and Luka Gervais, who took the Canadian Museum of History by storm Monday afternoon for a bit of Norse-themed fun. The museum was packed with families making the most of March Break, with Viking crafts and games held in the great hall all day. If you haven't yet seen the museum's visiting Viking exhibit, now's your chance — it sets sail back to Europe on April 17. **EMMA JACKSON/METRO**



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Tesla for Hire no smooth ride

CUSTOMER COMPLAINT

Chauffeur service more than students bargained for

Despite experiencing a record-breaking snowstorm that nearly shut down the city, two Danish students were determined to enjoy their trip to Canada's capital.

Magnus Petersen and Patrick Neumann are two of a class of 57 from Niels Brock Copenhagen Business College in Denmark. The students are studying a combination of business, English, history and culture classes at Algonquin College for eight weeks, that started Jan. 24.

Neumann and Petersen wanted to spend a ski weekend at Mont Tremblant and were looking for a way to get there, when a classmate told them about Tesla for Hire.

The company offers a chauffeur service in a Tesla S electric vehicle, a luxury car that runs on rechargeable batteries.

It seemed like a great way to ride to the mountain, and based on the price the students were quoted — \$114.41 each way — it seemed like a reasonable alternative to taking the bus. They recruited two more classmates to share the ride and the fee.

Neumann and Petersen were to leave for their trip on Feb. 19 and return Feb. 22. Petersen said the reservations were made on Feb. 15.

He received a text message the day before the expected departure to let him know that the company's online booking tool had given them an incorrect rate. Instead of the quoted price, the trip would cost \$270 plus taxes each way.

Petersen said he worked out a compromise where the price was \$418.10.



From left, Patrick Neumann and Magnus Petersen chartered a Tesla to drive them to Mont Tremblant for a weekend away. They allege cost overruns, unsafe driving habits and poor service, but were unable to get a refund. JENNIFER MCINTOSH/METROLAND MEDIA

But that price included a travel time of two hours and 15 minutes to get there and the same amount of time back.

The day of the trip, the driver turned up 10 minutes late, Petersen said, and the car was only partially charged (65 per cent instead of 100), which meant the driver had to go slowly to conserve energy. The

quoted two-hour trip turned into more than three.

The group of four enjoyed their weekend, but then it came time to return home.

The driver was supposed to pick the group up at 6 p.m., but Petersen said he received a text saying he would be late.

An email to Metroland from company CEO Charles Paquin

says the vehicle was experiencing abnormal vibration in the steering wheel and it needed service at Tesla Motors in Montreal.

But when the passengers were picked up, the cold weather had impacted the vehicle's range. The group had to be redirected so the driver could charge the car in Montreal

again. The driver bought the group food at McDonald's, where they stayed for an hour while the car charged.

The trip home took more than four hours, Petersen said, adding the vehicle had to be driven slowly again because of problems with the charge.

Neumann said he was tired and wanted to sleep during

the drive home, but couldn't because he worried about the driver's use of a cellphone while driving.

The Tesla has an automatic steering function that will turn itself off if the driver's hands haven't been on the wheel for some time, Neumann said. This happened a number of times on the way home, with the car allegedly swerving more than once. "It made me nervous," he said.

Paquin said under the provision of the distracted driving law of 2015, the provincial Ministry of Transportation allows for viewing display screens of a mobile data terminal for commercial purposes. Paquin said the driver has since been reminded of the no texting while driving rule.

Petersen and Neumann are being hosted by a Bells Corners family and their classmates are staying in Barrhaven.

The driver offered to bring the final two home to Barrhaven — something that was not included in the original trip request — but Petersen said that leg took another 45 minutes, with a stop at the driver's home to pick up his personal car.

JENNIFER MCINTOSH/METROLAND MEDIA

+ NO REFUNDS

Petersen said he agreed on the price, and that included a timeline for the trip home. When he contacted the company to get a refund for being so much later than scheduled, he said he was told they didn't offer refunds, but would discount a future trip.

"That doesn't do me any good, I will be going back to Denmark," he said. "It's not even about getting money back. I just don't want someone else to go through this."

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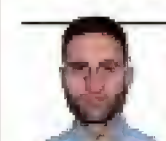


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CRIME

Police chief pens open letter calling for an end to violence



Joe Lofaro
Metro|Ottawa

In a rare move, police Chief Charles Bordeleau released an open letter Monday to address the violent start to 2016, a week after the major crime unit was called in to investigate the city's fifth homicide of the year.

The shooting death of 20-year-old Nooredin Hassan in front of Lester B. Pearson Catholic High School last Tuesday was the third

homicide on Jasmine Crescent in less than a year. There have also been 14 shootings so far in 2016; only one has been solved.

The violence, Bordeleau said, is fuelled by the illegal drug trade in Ottawa and by young men involved in crime turning to violence to settle minor disputes.

His letter was a call to action to residents, urging them to assist police to find "long term solutions to the escalation."

"Any solution must also involve those who know that their

friends, sons, brothers or loved ones are armed and involved in crime. We need to hear from them so that we can keep everyone safe. They can provide us this information directly or anonymously through Crimes Stoppers," the chief wrote.

The letter also confirmed the temporary assignment of additional officers in the Guns and Gangs Unit will be permanent. Since 2015, the unit arrested close to 100 people and laid more than 1,000 charges.



Tara Henderson of Ottawa's Rape Crisis Centre is asking Ottawans to make patches, to be stitched together in a visual representation of victim support. ASHLEY MOFFATT/FOR METRO

Snip your shirt to show support

RAPE CRISIS CENTRE

T-shirt quilt in solidarity with survivors

Ashley Moffatt
For Metro | Ottawa

Ottawa's Rape Crisis Centre is asking city residents to show their support for victims of sexual assault in a unique way.

They're creating a quilt made up of patches from old T-shirts adorned with inspirational messages.

Survivors and supporters alike are being asked to cut a 14-by-14-inch patch out of a T-shirt, leave a two-inch border and put their design inside. The crisis centre is also encouraging people to take a picture with their patch and share it on social media with the hash tag #solidaritypatches. There will be several drop-off locations around the city for those who wish to remain anonymous.

The idea for the quilt came from Tara Henderson, the centre's public education and fundraising co-ordinator. She recalled that people made quilts in the 1980s to show support during the AIDS crisis.

Henderson said victims of sexual assault often feel ashamed or alone.

"So I thought, 'Wouldn't it be cool to try and create something that showed solidarity messages to survivors?'" Henderson said. "This is an issue women are going through and feeling very alone. So why not get as many messages as possible and show the large scale of support in our community?"

Every aspect of the quilt has a meaning, right down to the fabric choice. Henderson said the centre chose T-shirts because they're easily obtained.

"Everybody's got a T-shirt that they don't need," she said.

"I also thought it could be cool if people had messages that were already on a T-shirt that they could incorporate in the patch."

“

I think this could be as big as the will of the people.

Tara Henderson

In 2014, there were about 20,700 sexual assaults reported to police in Canada.

Only a fraction of sexual assaults are actually reported to police, making it hard to estimate the actual number of sexual assault cases a year. Statistics Canada estimates that as much as 88 per cent of sexual assaults go unreported.

The goal is to have the quilt displayed at city hall, as a visual representation of support for all victims. The centre has yet to seek approval from the city.

"I think this could be as big as the will of the people," said Henderson. "I'm hoping we get way more than expected and it's a consistent message that survivors can continue to feel."

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COMMUNITY

Teens get chance to create sign for Trans Canada Trail

The Bridlewood Community Association is turning to local teens to brighten up walkers' excursions with a sign for a nearby entrance to the Trans Canada Trail.

The association has launched a design contest, open to 13- to 19-year-olds living in Bridlewood. Two designs will be chosen and put up at the Trans Canada Trail entrance near Shetland Park.

The first-place winner will receive a \$200 cash prize and choose which side of the sign their design will be featured on, while the second-place winner will receive \$100. The association will also provide \$500 in total for painting supplies so the winners can paint their design on the sign.

This is the first time the association has undertaken such a contest, said Lorraine Pigeon with the community association. She said the contest was instigated by the sign's deteriorating state.

"The sign was put up by the Trans Canada Trail Committee and used to have recognition plaques of donors," said Pigeon. "It was badly damaged



Teens will win cash for designing the sign at the entrance to the Trans Canada Trail near Shetland Park. CONTRIBUTED

and graffitied over the years, with no one really making an effort to clean it up."

The plaques have since been removed, and the board was painted over. The community association then realized the sign could be a way to get youth involved.

"We wanted young people to feel invested in this design contest and to have their talents displayed prominently," said Pigeon. "Hundreds of people use the trail and the parks daily, even in winter — walking their dogs, running,

cycling, cross-country skiing, snowshoeing, playing at Shetland Park."

Designs must incorporate aspects of life in Bridlewood, be suitable for being rendered in paint on a wooden sign in an outdoor setting and not include hateful, defamatory, profane or other elements that are in violation of any law.

The contest deadline is March 31.

For contest rules and to find out where to send submissions, visit bridlewood.ca.

ADAM KVETON/METROLAND MEDIA



City staff are recommending shops sell animals solely from municipal shelters, humane societies, societies for the prevention of cruelty to animals and rescues. DAVID COOPER/TORSTAR NEWS SERVICE

Pet shop sources under scrutiny

ANIMAL RIGHTS

City staff seek to block dogs, cats from mills or shady sellers



Lucy Scholey
Metro | Ottawa

Pet shops may be on a tighter leash when it comes to selling puppies and kittens.

A new City of Ottawa report is proposing stricter rules that would crack down on pet stores selling dogs and cats sourced from overpopulated mills or other substandard conditions.

City staff are recommending that new and existing pet shops sell animals solely from municipal shelters, humane societies, societies for the prevention of

cruelty to animals and rescue organizations.

While the proposed changes may satisfy animal-rights advocates, it won't change much for most of the city's 16 pet stores.

Only three of those shops sell dogs and cats from commercial breeders. Those owners may be permitted to continue the practice. However, under the new bylaw, their sources would be subject to annual inspections under the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) Act or Quebec's Animal Welfare and Safety Act.

A Good Samaritan who brings in a stray from the street will not be allowed to sell the animal in a pet shop, either. That's considered an unregulated source.

Pet stores that sell animals from breeders who fail to meet standards would be subject to a provincial fine, summons to

+ NEXT STEP

A community and protective services committee will consider these bylaw changes at a meeting Monday.

court or a licence loss.

In going straight to the animal source, this bylaw goes a step above the current regulations, which allows an OSPCA agent to investigate pet shops.

Over 2014 and 2015, the city heard a total of 30 complaints in relation to nine different pet stores. But staff say there was "no clear evidence" to confirm that those cats and dogs were sourced from mills. Under this proposed amended bylaw, pet shops would also be unable to source dogs and cats from shady sources found online.

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IN BRIEF

Province planning opt-in affordable-housing quota

Ontario's Liberal government says it plans to introduce legislation that would increase the amount of affordable housing in communities that choose to take advantage.

It would allow municipalities to establish inclusionary zoning policies, meaning housing proposals would require developers to include a certain percentage of affordable units in order to be approved. THE CANADIAN PRESS

CRIME

Distracted driving no joke, say police

Ontario Provincial Police are targeting distracted drivers this week.

The OPP say 69 people died last year in road crashes in which driver distraction was a factor.

That compares to 61 speed-related deaths, 51 seat belt-related deaths and 45 alcohol/drug-related deaths.

The OPP says road users need to be aware how serious a threat distracted drivers are to their safety.

The force says that each year for the past three years, officers have laid about 20,000 distracted-driving charges throughout the province — more than double the number of impaired-driving charges laid over the same period.

In Ontario it is illegal for drivers to talk, text, type, dial or email using hand-held cell-phones and other hand-held communications and entertainment devices while driving.

THE CANADIAN PRESS

Depths of homelessness

REPORT

National data notes common causes, reason for hope

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in sub-standard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, only tell part of the story.

One woman was found dead in a laneway behind city hall that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

In Vancouver's downtown eastside, arguably Canada's most notorious poverty-stricken neighbourhood, six deaths in a year



Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

was out of the ordinary, said Brad King, who now oversees operations at Thunder Bay's largest shelter.

These days, anecdotes and statistics alike say Thunder Bay is among the worst cities in Canada for homelessness.

Like Thunder Bay, 29 other small and medium-sized cities

are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people

who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that

suggests homeless populations have similar makeup.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

The federal data shows that the homeless population is most often male, between the ages of about 25 and 64, and often aboriginal, a demographic typically over-represented in homeless populations.

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Kryswaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

Feds lag on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," the documents, obtained by the Star, read.

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of digital-savvy, innovative bureaucrats with fresh ideas.

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said.

TORSTAR NEWS SERVICE

POLITICS

Quebec NDPers call for renewal ahead of convention

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way,"

says the letter obtained by the Star, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Éline Michaud (Portneuf

— Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair is campaigning to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us. We did not recognize ourselves in the platform we had to defend.

The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself," says the letter. "We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party." TORSTAR NEWS SERVICES



Thomas Mulcair

ADRIAN WYLD/THE CANADIAN PRESS



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Clue#5

This just in! The competition is reported to be at the biggest airport in Canada with the SUPERSTRUCTURE™ and they're about to fly it to their secret headquarters! What city is this airport in?

Hint:

It is 1 of these 3 cities:

- A) Calgary
- B) Vancouver
- C) Toronto



We are so close to finding it! Google™ "biggest airport in Canada" if you need a little more help with the answer!

*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00pm (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. TMThe Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

A trick to trip Trump

U.S. ELECTION

How Romney could possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

Since the 1976 race between Gerald Ford and Ronald Reagan, Republican conventions have been drama-free partisan infomercials. But this year might be a brawl.

Yes, nerds muse longingly about contested conventions every election. But candidates are now singing the same tune.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the Republican National Convention, which takes place on July 18-21 in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work.

+ TACTIC

A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE

A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237.

If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'" TORSTAR NEWS SERVICE



The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from, said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

"It cannot be older than 400 years. That means there has been either biological or geological activity in this timeframe," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

The prospect of finding life on Mars — even microscopic organ-

isms — has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri, noting that much of the planet's vast surface hasn't yet been closely examined.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the probe.

THE ASSOCIATED PRESS

MIDDLE EAST

Russia eases out of Syria

Russian President Vladimir Putin ordered his military to withdraw most of its forces from Syria on Monday, timing his move to the launch of Syria peace talks — an end game that allows the Russian leader to cash in on his gains and reduce his risks in the conflict.

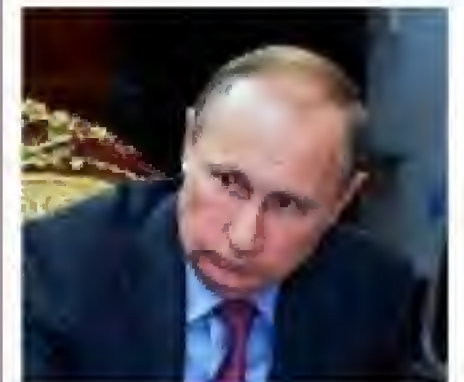
The start of the negotiations in Geneva offers Putin an opportune moment to declare an official end to the 5-1/2-month Russian air campaign that has allowed Syrian President Bashar Assad's army to win back some key ground.

"With the tasks set before the Defence Ministry and the military largely fulfilled, I'm ordering the Defence Minister to start the pullout of the main part of our group of forces in Syria, beginning tomorrow," Putin said.

He didn't specify how many planes and troops should be withdrawn. The number of Russian soldiers in Syria has not been revealed. At the same time, Putin made it clear that Russia will maintain its air base and a naval facility in Syria and keep some troops there.

The UN special envoy for Syria, Staffan de Mistura restarted peace talks between the Syrian government and the opposition in Geneva on Monday, with de Mistura hosting a government delegation led by Syria's UN ambassador, Bashar Ja'afari.

THE ASSOCIATED PRESS



Russian President Vladimir Putin THE ASSOCIATED PRESS

IN BRIEF

Ivory Coast boosts security after attack on tourists

Grand-Bassam and all of Ivory Coast is reeling from an extremist attack Sunday, which killed 18. Security forces on Monday patrolled Grand-Bassam's beaches. Soldiers checked the trunks of cars. Authorities briefly closed a section of beach in front of La Nouvelle Pailote hotel after receiving reports that explosives had been found there. The attack was the third major strike on a tourism centre in West Africa since November.

THE ASSOCIATED PRESS

TURKEY

Kurdish rebels blamed for bomb

Turkey lashed out Monday at Kurdish targets, bombing military positions in northern Iraq and rounding up dozens of militants at home after a suicide car bombing in the heart of the capital drew the country even deeper into the complex Syrian conflict.

Prime Minister Ahmet Davutoglu said there were "strong indications" that Sunday's attack was carried out by the rebels of the Kurdistan Workers' Party, or PKK.

There was no immediate claim of responsibility for the attack, which killed 37 and

injured 125.

Davutoglu added that authorities had detained 11 people directly connected to the suicide bombing near a line of bus stops that killed 37 people.

The attack further complicated Turkey's place in the region as it battles a host of enemies across its borders including the Syrian government, Kurdish rebels in both Iraq and Syria, and the Islamic State of Iraq and the Levant, even after being forced to absorb 2.7 million refugees from the conflict.

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Family members mourn. THE ASSOCIATED PRESS

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Four tips when filing your taxes

TAX RETURNS

Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid

Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than \$100,000 can be steep, and even having a U.S. bank account falls under the category.

File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which

will only make the problem worse. Those penalties can be significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

Report that side income – it might help you

There's nothing wrong with getting a little action on the side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income — and not just the legal ones. Usmani said the tax bill on

side income doesn't have to be that large, especially if the expenses behind doing the job were high, too. "If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

People also usually don't know that their medical expenses can give them significant tax credits.

TORSTAR NEWS SERVICE



The deadline for filing taxes is looming. One advice you should follow is to file on time, even if you're scared. iStock

JOBS

Millennials not taking full vacation time off



Jessica Smith Cross
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all genera-

tions reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

JOIN THE FIGHT

VOLUNTEER THIS APRIL

Canadian Cancer Society

cancer.ca/daffodil

IN BRIEF

Global airfares expected to fall further this year

Air travellers should see further dips in fares this year after sizable drops in 2015 as lower fuel prices are passed along to consumers, according to the International Air Transport Association. It says average fares around the world fell about 12 per cent last year, or by four to 4.5 per cent adjusted for distortions caused by the strong appreciation in the U.S. currency.

THE CANADIAN PRESS

market minute



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TSX
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GOLD
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NATURAL GAS: \$1.819 US (-0.3¢)
DOW JONES: 17,229.13 (-15.82)

MARIJUANA MARKETING

Purveyors work to shake off stigma, rebrand cannabis



Alan Gertner, CEO of Tokyo Smoke, poses at his business in Toronto. THE CANADIAN PRESS

You won't find brightly coloured bong or bubble gum-flavoured rolling papers displayed against the backdrop of exposed brick and modern, industrial-style furnishings at Tokyo Smoke.

Instead, the shop — located in a former shipping dock nestled between two warehouses in Toronto's west end — carries high-end pot paraphernalia befitting the pages of a design magazine while also serving up cups of artisanal coffee.

Pipes handcrafted by California-based ceramicist Ben Medansky sit alongside a pricey portable vaporizer, a reimagined version of the French press coffeemaker launched via a Kickstarter campaign and a selection of what shop owner Alan Gertner calls "museum quality collectibles" — items such as vintage Barbies and a vintage Hermes bag.

It's all part of Gertner's mission to create a cannabis-friendly lifestyle brand that caters to

the urban intellectual — one that breaks the mould of dated weed associations involving video games and junk food.

"I don't think there is a home for someone who's buying Mast Brothers chocolate and drinking the nicest coffee to have a similar experience in pot," says Gertner, who quit his job at Google to launch the brand.

"It's no different from someone who has beautiful stemware in their home for alcohol. We ritualize and love our experiences, and I think we should have the same thing with cannabis."

The emergence of a luxury cannabis-oriented lifestyle brand like Tokyo Smoke is the latest development in a saga that has seen the purveyors of pot work to reshape popular perceptions of the drug.

Until more recently, those

efforts have been aimed at trying to demonstrate the drug's medical legitimacy.

Philippe Lucas, a vice-president at Nanaimo, B.C.-based grower Tilray, says decades of propaganda — including the well-known 1936 movie *Reefer Madness* — have made rebranding marijuana a challenging task.

It's no different from someone who has beautiful stemware in their home for alcohol.

Alan Gertner, owner of Tokyo Smoke

Adding to the difficulty are Health Canada regulations that prevent medical marijuana producers from making health claims in their advertising materials — rules which also apply to the broader pharmaceutical industry.

Canadian cannabis producers have used a variety of strategies to change perceptions about the

drug, including moving away from the street names typically used to identify strains.

Mettrum, Bowmanville, Ont.-based grower, uses a colour-coded spectrum — red being the strongest, yellow the mildest — to identify each product's strength and other characteristics.

"We came up with a responsible dialogue for talking about cannabis that doctors would want to use, versus talking about strains like purple kush or super lemon haze," says Mettrum's CEO Michael Haines.

Tokyo Smoke doesn't sell cannabis in Canada yet, but the company is on the cusp of launching a line of four marijuana strains south of the border, titled "Go," "Relax," "Relief" and "Balance" — names chosen to appeal to the so-called creative class.

THE CANADIAN PRESS



SAMANTHA EMANN: RELIGIOUS SCHOOL FUNDING ISN'T SET IN STONE

Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance. If elected officials won't get rid of them for the equality or inclusion of all their constituents, they should do it for the money.

Every year, usually at a holiday event, I get into a debate with family or friends on one of three topics: politics, religion or money. It usually ends with my grandfather throwing up his hands at my liberalism, my dad lovingly lecturing me about my lack of money sense, and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. (B.C. funds religious schools of many denominations, but to a lesser degree than public secular schools).

Those who say we cannot, or should not, stop funding Catholic schools because of our constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the

Publicly funded religious schools have to go, and the process could be easier than you might think.

schooling rights of religious minorities, if such groups are identified in the province's founding documents. Such documents, including the Alberta Act and the Saskatchewan Act, can be changed.

The procedure for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate, and, crucially, only the province or provinces that the change affects.

In Ontario the procedure would be basically the same. The provincial and federal legislatures would have to agree to the change, and a line would be added to section 93 stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this. They green-lit Quebec's move to do the exact same thing in 1999.

In no case would fractious, multi-province constitutional

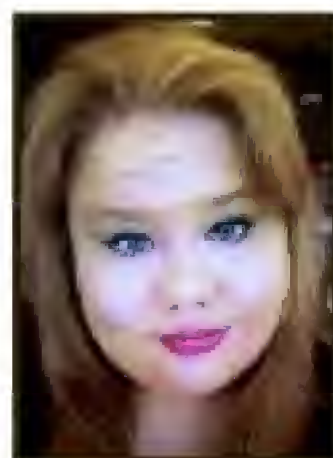
negotiations, Meech-Lake-style, be required. However, Alberta requires all constitutional amendments be put to a public vote before they're voted on in the legislature. A pain, but it's not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

Why are public schools in the religious-education game at all?

And as should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

In Alberta there's Calgary's



Bishop Fred Henry (schools' gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

With recent struggles to get an LGBTQ education policy approved in Alberta, why don't we just ask students if they think the Catholic boards have their best interests at heart?

And in Ontario there was opposition from Catholic leaders to the much-needed, recently updated sex-education curriculum.

That deficit-plagued province recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than \$1 billion.

The premier has always poooh-pooed the proposal, but apparently not for fear of a public-opinion backlash, which may have been a real concern in past years.

A Forum poll from last July found 51 per cent of Ontario voters want to end public funding of Catholic schools. Just 38 per cent want to continue it.

Forum Research President Dr. Lorne Bozinoff wrote: "We have tracked this issue for several years ... If it were ever put to a public referendum, Catholic school funding would lose, fair and square."

All three holdout provinces should be learning by example from their neighbours. Catholic schools had their place in the formation of this country, but they have outlived their relevance. If elected officials won't do it for the inclusion or equality of all their constituents, they should do it for the money.

Samantha Emann (@Smemann) is a copy editor at Metro.

ROSEMARY WESTWOOD metroview

It's nice to have a white wedding — even in today's world

In the stylish and soapy TV drama *Scandal*, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing,

swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to *Time Magazine*, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You. In white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the proceeding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

THE MICROTREND: Tranquility for tots



The complete relaxation of a spa setting, in today's ultra-connected age, has never held so much appeal to so many. What was once primarily a ladies'-day-out affair has branched into something much broader, becoming a popular upscale activity for men and, more recently, pets. It's luxuriously lucrative, which has left entrepreneurs looking for more markets. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets. Their parents are searching for post-math-class mindfulness sessions, holistic whole-body movement courses, and, of course, yoga.

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FITNESS TREND

Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars.

Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about.

He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

A lot of people want bigger legs, a bigger butt. Some called 2015 the "year of the butt."

Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

Is that something you've been seeing?

Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women.

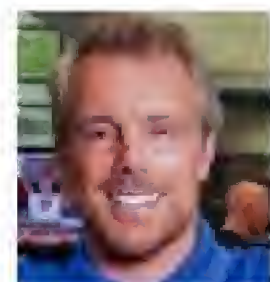
Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

What are some of the misconceptions around building a bigger butt?

You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

Why is sleep so important?

That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s—, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again." TORSTAR NEWS SERVICE



I would say lift heavy, eat more, sleep more.

Gunnar Peterson, personal trainer, on attaining a bigger backside



Kim Kardashian's aspirational bottom is sending droves of women to the gym. GETTY IMAGES

QUIT DRINKING WHILE TRAINING
"If you're not drinking — especially during a period of time when you're trying to attain a goal — that's obviously the right way to do it. You're way ahead of the curve."



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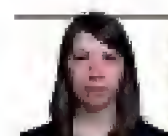
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FITNESS

Lindsay Hilton finds fame after CrossFit routine goes viral



Haley Ryan
Metro | Halifax

After a viral CrossFit video and years on the rugby field, a Halifax woman without limbs shows you can't count out those who "don't quite look the same or walk the same."

Lindsay Hilton has always been active, including playing rugby for years with Mount Allison University and the Halifax Tars. Looking for another challenge, she landed on CrossFit this September after winning a month membership at a local gym through a burpee contest.

"It's just what you make it ... every workout can be scaled and adapted," Hilton said about the high-intensity fitness program.

A few weeks ago, Hilton asked those at CrossFit OnSide to take a video during her workout to check out her form, and knew the gym owners might share it but had no idea it would end up on the official CrossFit Facebook page.

The views began rolling in after it was posted last Wednesday, and by Monday the video of Hilton lunging across the gym with a bar then switching to pull-ups had been seen over six million times, with over 60,000 shares and 7,000 comments.

"It's kind of crazy ... I definitely was not expecting that many people to see me do that workout," Hilton laughed.

Many of the comments mention how inspiring Hilton is, with one man sharing how his depression about an injury melted away when he saw "this amazing woman killin' it."

Hilton said there's always a way to pursue what you want to do and there are lots of resources from adaptive athletes online. Although it's a "work in progress," weightlifting hooks and Velcro straps with a chain



Lindsay Hilton poses for a portrait at CrossFit OnSide in Halifax on Sunday. ZANE WOODFORD/METRO

QUOTE
"It's just what you make it ... every workout can be scaled and adapted."

that's attached to a bar do the trick.

Encouragement is great, but Hilton said she's often surprised by people telling her she's inspiring because she doesn't feel like she's accomplishing a great feat — and "my form's not awesome."

However, Hilton said she hopes young people with missing limbs or other disabilities see her do everyday things as well as sports, and think "I can do that as well," and then the message gets passed on.

Hilton's sister-in-law, Katie Hilton, said she's proud to know

Lindsay and she's never met another person "quite like her."

Lindsay shows there's always a way to achieve anything if you put your mind to it, Katie said.

Lindsay also received the International Rugby Board's Spirit of Rugby Award in 2012, and Katie said she's a wonderful ambassador to sport and the province.

"Don't count out people that maybe don't quite look the same, or walk the same, or talk the same," Katie said.

"My sister-in-law is proof that there's amazing things happening around here."

The messiness of modern breakups

MODERN LOVE

Digital changing the way we hook up, and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Ilana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message. "He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, *The Breakup 2.0: Disconnecting Over New Media*, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding of each medium's meaning, with a large majority of students agreeing in-person is still the best way to tell someone it's over. But that doesn't mean people actually do it.

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken

up with someone through a text message (and even more, at 31 per cent, have been on the receiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she told *Vogue* back in 2013.

Aside from being impersonal, B.C.-based registered clinical counsellor and master certified Gottman therapist Darren Wilk says texting can lead people to be downright cruel during a split — a trend he's noticed in his 15 years of working with couples.

"The texts I've seen from them," he says, "just the swearing, and the names, and assassinating each other's character."

card, two red wine glasses, a handcrafted sympathy letter, and either a copy of *The Notebook* on Blu-ray or the video game *Call of Duty: Ghosts*. Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book *From Broken Up to Bro 2.0*, recommends a complete online detox from an ex to speed up the healing process. "Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your social feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames with-

Sorry. I'm just not feeling it.

Even 10 years ago, things weren't that bad. "Now, whatever comes to people's minds, they just push send."

The Pew research found even fewer young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed *The Breakup Shop*, is capitalizing on society's eagerness to dump people digitally.

Starting at \$10, you can buy a breakup text, while \$29 will get you a breakup phone call with a runtime of a minute or less. And for \$80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift

out blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality. Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

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Issues, not apps the focus at SXSW

TECHNOLOGY

Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment. Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.

Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Panels on online harassment discussed trolling and abuse in online comments and social media, mainly of women. One panel gave statistics and examples of the harassment women of colour and female journalists face to illustrate the scope of the problem on social media.

Another panel, initially cancelled due to threats of violence against panelists and the festival, discussed how game-related design, such as algorithms or pre-set filters, could be used to discourage harassment. Due to the previous threats, the daylong online harassment summit took place under tight security, but there were no disturbances.

The festival had its own mini-discrimination controversy. Organizers apologized



Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. Hers was just one of many issues-based events. THE ASSOCIATED PRESS

to a panelist after she tweeted that she was told she had to remove her headscarf for a festival ID badge. She was eventually allowed to take a photo with her headscarf — then received a badge with the right picture but the wrong name and affiliation, as her tweets documented and the festival confirmed.

Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs, they'll do the work no one wants to do.

Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary

SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect. They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall.

"I like having some kind of control over what I'm listening to," said Marshall Heinz, a law student in Austin who tried out the device. "I make music, so to interact with people who are way better musicians than me is pretty cool."

Sony's 'N' Concept

Sony had one of the buzziest product demos of the festival, previewing a prototype device called the "N" concept neckband. It's a speaker that rests on the neck, plays music, takes pictures and responds to voice commands such as queries about the weather. Response to the device, unveiled Saturday, has been enthusiastic, said research and development deputy president Jun Maruo, who said there's no timeline for when Sony might release the neck band or what it might cost.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

A lesson in race on your TV show

THE SHOWS: Black-ish, Season 2, Episode 1 (ABC/City); and American Crime Story: The People v. O.J. Simpson, Season 1, Episode 5 (FX)

THE MOMENT: The N-word

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him. His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season,



Black-ish has been more black and less 'ish' this season, writes Johanna Schneller. CONTRIBUTED

and is stronger for it. In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on The People vs. O.J. Simpson: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people; Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series American Crime (in which a black high-

school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles. They harken back to the 1970s, when Norman Lear's sitcoms All in the Family and Maude routinely delivered civics lessons to a broad audience.

Though TV is more niche now, it's still our most powerful medium for delivering a message. These series aren't afraid to use it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Senators' patchy season brightened by top-line trio

NHL

Pageau, Smith, Stone form a surprisingly lethal force

With so much going wrong with the Ottawa Senators, it's easy to overlook what's going right.

Sitting seven points back of the Detroit Red Wings for the final wild card in the east the Senators (32-30-8) are most likely not going to make the playoffs and, as a result, a number of changes could take place in the off-season.

The troubling playoff picture has overshadowed how good the line of Mark Stone, Jean-Gabriel Pageau and Zack Smith has looked.

While much was expected from Stone after the 64-point season he had last year, when he was a finalist for the Calder Cup as the NHL's top rookie, no one could have predicted Smith becoming an offensive threat or Pageau becoming the team's top centre.

"It's funny how it goes in this game," said Senators coach Dave Cameron. "If we didn't have the injuries we had that line never would have probably been put together."

The three lined up together for the first time Feb. 2 in a 6-5 loss to the Pittsburgh Penguins,



Zack Smith, Jean-Gabriel Pageau and Mark Stone have been a bright spot during the Senators' dim stretch run. FRED CHARTRAND/THE CANADIAN PRESS

during which Stone and Pageau each scored.

Smith is riding a five-game goal streak and has already set a career high with 21 goals.

Strangely enough Smith has found his scoring touch as a left-winger — a move he originally resisted, having played centre for most of his seven-year NHL career.

"I had mentioned it to gen-

eral manager Bryan Murray at the end of last year," said Smith. "I didn't have very much success playing at the wing and found it a pretty tough transition especially playing centre my whole career."

I think as a line we try to think defence first and then attack offensively, but it's been great to be able to contribute offensively as much as we have. Jean-Gabriel Pageau

"I think it definitely turned a corner playing on a wing. It's been a lot easier transition playing with Pageau."

Pageau believes Smith's experience at centre has been a tremendous benefit to the line. The two understand one another's role and Pageau knows should he get in trouble Smith usually

+ CONTRIBUTION

Here's what top-line trio have done since Feb 2

Smith, Pageau and Stone have combined for 62 points. Smith (12 goals, seven assists), Stone (11 goals, 13 assists) and Pageau (five goals, 14 assists) have carried the Senators, who have posted a less than impressive 9-9-2 record through that stretch.

will anticipate where the puck is going.

He says Stone is a great communicator on the ice and the three just seem to have found some natural chemistry.

"I'm sure our success is a little surprising," said Pageau. "Smith and I are similar players; we try to work hard and keep things simple. Stone makes whoever he plays with better and we just want to do our best to help the team win."

"I think as a line we try to think defence first and then attack offensively, but it's been great to be able to contribute offensively as much as we have."

Pageau moved up the depth chart as a result of Kyle Turris struggling with an injury. Prior to Feb. 2 Pageau averaged 15:47 minutes of ice, whereas now he plays an average of 18:10.

THE CANADIAN PRESS

RIO 2016

Olympic fencer – in a hijab

When fencer Ibtihaj Muhammad goes to the Rio Games this summer she will make history as the first U.S. Olympian to compete wearing a hijab.

But as she blazes a path on the world stage, she is worried about her security — at home. She fears it is being compromised by presidential hopeful Donald Trump, who has called for a temporary ban on Muslims entering the U.S.

"When you incite hateful speech and rhetoric like that, the people who say it never think about the repercussions and how that affects Muslims," Muhammad said in a recent Time magazine article. "Specifically Muslim women who wear their religion every single day. So then you start to think, am I going to be safe?"

The 30-year-old has qualified to compete in sabre fencing at the Olympics in August.

"I still have faith in the greater America that we will not vote someone as ignorant as Donald Trump into office," Muhammad told Time. "As a country, we are collectively more intelligent than that."

Muhammad was born in Maplewood, N.J., and grew up as the middle child of five.

Her mother, Inayah Muhammad, a schoolteacher, encouraged all her kids to be competitive, even if it meant altering every uniform.

At 13, Muhammad started fencing in high school and her mother realized there was at least one sport where her outfit wouldn't require modification.

"As a Muslim female, the sport was uniquely accommodating," Muhammad said in her USA Fencing bio. "My religion requires that my body be fully covered and fencing did just that."

TORSTAR NEWS SERVICE



Ibtihaj Muhammad GETTY IMAGES

PREMIER LEAGUE

Foxes' frantic title push topples Toon

Shinji Okazaki's overhead kick gave leader Leicester a 1-0 victory over Newcastle on Monday, a goal as spectacular as his team's improbable Premier League title challenge.

As Leicester restored its five-point lead at the summit over Tottenham, former Real Madrid and Liverpool coach Rafa Benitez made a losing start to his reign as New-



Shinji Okazaki
GETTY IMAGES

castle manager.

Newcastle is facing relegation, one point from safety, while Leicester is

on track for a first-ever league title a year after being bottom of the standings before narrowly avoiding the drop.

THE ASSOCIATED PRESS

IN BRIEF

Blues' Tarasenko named 1st star after 6-point week

St. Louis Blues right-winger Vladimir Tarasenko, Florida Panthers centre Vincent Trocheck and New Jersey Devils goaltender Keith Kinkaid have been named the NHL's three stars of the week.

Tarasenko tied for the League lead with six points (three goals, three assists) in three games to power the Blues to a three wins and a share of first place in the Western Conference.

THE CANADIAN PRESS

GM MEETINGS

NHL to add more cameras for playoffs

The coach's challenge is getting good reviews from NHL general managers in its first year of use, but it's not exempt from a little tweaking.

Discussion of the coach's challenge headlined the first day of the NHL general managers meetings Monday, and support was strong among the 30 GMs, who see the added opportunity to get a goal call right as beneficial for the game.

The initiative allows coaches to use video review to dispute

goals scored on potential offside or goalie-interference plays.

"I think everybody feels fairly comfortable with it," said Maple Leafs general manager Lou Lamoriello. "The whole objective is to get it right."

Still, the NHL will make one tweak for the playoffs, adding blue-line cameras to the arenas of the 16 post-season teams. The cameras are intended to further aid clubs in determining whether to challenge a goal on account of offsides. THE CANADIAN PRESS

RECIPE Fish Tacos with Glazed Sweet Potato



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- Coleslaw
- Salsa
- Chopped fresh cilantro
- Sour cream
- Guacamole

Directions

1. Preheat oven to 425 F and grease a large baking sheet.
2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
4. Toss sweet potato with maple syrup and sprinkle with salt.
5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
6. Serve fish and sweet potato alongside other fixings.

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A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your Tuesday night dinner date.

Ready in
Prep time: 15 minutes
Total time: 40 minutes
Serves 4

- Ingredients**
- 4 to 6 mahi-mahi or halibut fillets
 - 1 tsp ground cumin
 - 1/2 tsp ground chili powder
 - 1/2 tsp ground oregano
 - 1/2 tsp garlic powder
 - 1/2 tsp ground cinnamon
 - 1/2 tsp salt
 - 1 small sweet potato, diced into 1/2-inch cubes
 - 2 tsp maple syrup
 - Salt
 - 1 tsp butter

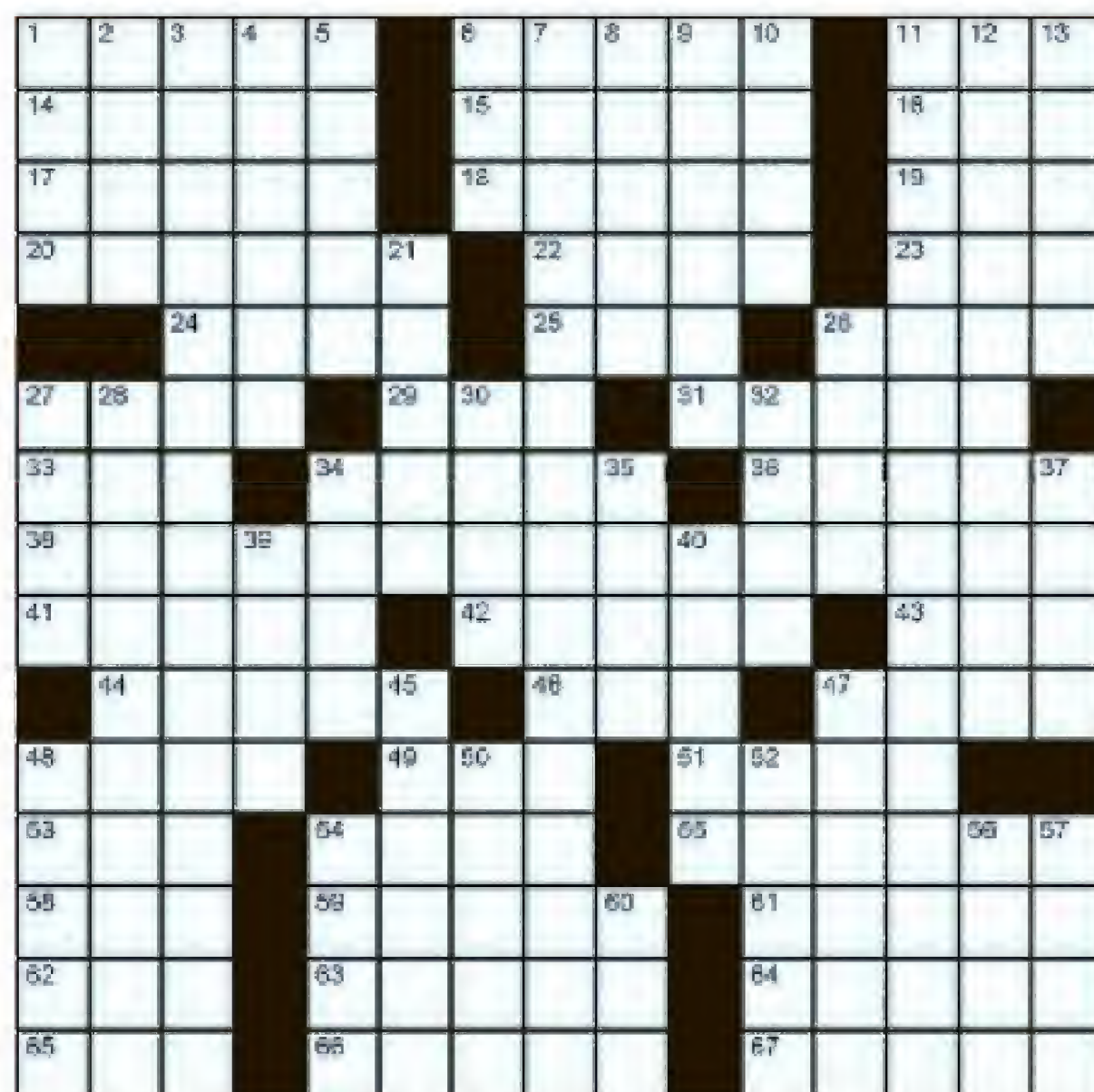
Suggested ingredients for serving:
• Corn or whole wheat tortillas

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Massivenesses
6. Eight member group
11. "You've Got Mail," co.
14. Glass-ceiling lobbies
15. Monte _ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas _
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World; 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, _ Lingus
47. Takes steps
48. Lethbridge's li'l locale
49. Female lobster



51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne'

- (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
66. Shrek voice
67. _ _ _ Majesty's Ser-

- cret Service (1969)"
- DOWN**
1. Heavenly _ (Ice cream flavour)
2. " _ _ _ Brute?" - Caesar
3. CN Tower's location in Toronto; 3 wds.
4. _ _ _ Tailors (Canadian mens-

- wear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV; 2 wds.

8. Speckled fish
9. Sidesteps
10. Crag
11. Exerciser's one-of-some on the way to a six pack; 2 wds.
12. Miner's discovery; 2 wds.
13. Brings in the airplane
21. _ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats; 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little _' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetric-al [abbr.]
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien _ (Skin-care brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock _ the Sun"
56. Punta del _ Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

Taurus April 21 - May 21
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

Gemini May 22 - June 21
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

Cancer June 22 - July 23
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

Leo July 24 - Aug. 23
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

Virgo Aug. 24 - Sept. 23
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

Libra Sept. 24 - Oct. 23
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

Scorpio Oct. 24 - Nov. 22
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

Sagittarius Nov. 23 - Dec. 21
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

Capricorn Dec. 22 - Jan. 20
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

Aquarius Jan. 21 - Feb. 19
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

Pisces Feb. 20 - March 20
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

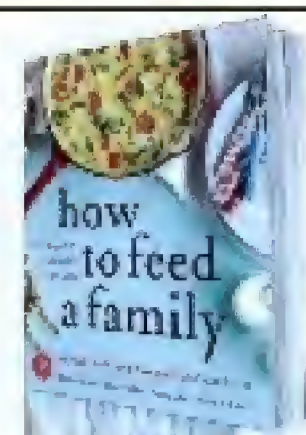
CONCEPTIS SUDOKU by Dave Green

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